

Table 1. Continued	
Variable	Mean (SD)
Age (years)	45.2 (12.5)
Gender (male/female)	28/22
Marital status (married/divorced/separated)	18/10/4
Education (years)	12.8 (2.1)
Occupation (white/blue)	15/15
Income (€ per month)	1,200 (300)
Health insurance (private/public)	10/10
Smoking status (smoker/nonsmoker)	12/18
Alcohol consumption (g/day)	20 (10)
Exercise (times/week)	2.5 (1.5)
Stress level (low/high)	10/10
Family size (number of children)	1.5 (1.0)
Duration of illness (years)	5.0 (3.0)
Comorbidities (hypertension/diabetes)	10/10
Medication (yes/no)	15/7
Quality of life (SF-36 score)	45.0 (10.0)
Work status (employed/unemployed)	10/10
Healthcare utilization (times/year)	3.0 (2.0)
Social support (strong/weak)	10/10
Life satisfaction (high/low)	10/10
Overall health (good/poor)	10/10

## Abstract of Disclosure

A system and method are provided that remotely grants limited access and permits use of resident software options in accordance with terms consistent with an access grant. The invention includes receiving an access request from a user to access a software option resident in memory of a device, determining whether to grant access in response to the request, and generating an access grant in response to a qualified access request that is transmitted from a centralized facility to a remote device to automatically enable access to the option.